

**TITLE: HELMET PROVIDING CERVICAL SPINE
PROTECTION**

ABSTRACT OF THE DISCLOSURE

A helmet has shock absorbing devices mounted to the sides thereof and extending to a pair of shoulder pads. The shock absorbing devices are connected by tubing to a pilot-operated valve, which allow a free movement of the helmet in a normal mode. An impact on the helmet, however, causes a rise in pressure inside the shock absorbing devices and their tubing, and activates the valve to block the flow of fluid through the tubing, thereby stiffening the shock absorbing devices and transmitting the impact force to the shoulders of the player.